THE RECOVERY KERNEL

PARTICIPANT INTAKE & NEUROGENOMIC PROXIMITY ASSESSMENT

Version 1.0 · Harm Reduction Resource — Not Medical Advice

BEFORE YOU BEGIN — READ THIS FIRST

This form exists because most people don't have DNA sequencing results yet — and you shouldn't have to wait for a lab to start understanding yourself.

What we're doing here is building a working picture of your neurochemical architecture from your lived experience. It won't be as precise as a full genetic panel — but it's accurate enough to start, and it gets better as you go.

One rule: answer everything as you feel in your baseline state — not in withdrawal, not in a crash, not when you've just used. Answer as the version of you that wakes up on an ordinary morning before anything chemical happens. That person is who this assessment is trying to understand.

About Your Kernel Code

When you complete this form, you'll receive a Kernel Code — a short alphanumeric string that encodes your neurogenomic proximity profile.

Your Kernel Code is your lifetime code. Because it's based on your biology — not a username or a password you'll forget — it travels with you. Use it to skip re-entering your profile in the Interactions Checker tool, at meetings, with providers, and when you return after time away.

When you eventually complete DNA sequencing (23andMe, AncestryDNA, or clinical pharmacogenomics), you can upgrade your code to a confirmed status. Until then, it's marked as ESTIMATED — still useful, still yours.

Your code: _____ ☐ Estimated ☐ Confirmed (DNA tested)

SECTION A — ABOUT YOU

This section helps your facilitator personalize the experience. Nothing here is required. Use initials or a nickname if you prefer.

Name or nickname you go by:
_____

Age range: ☐ Under 25 ☐ 25–40 ☐ 40–55 ☐ 55+

How did you get here? ☐ Self ☐ Referred ☐ Court ☐ Family

Prior recovery programs: ☐ None ☐ 1–2 ☐ 3+ ☐ Too many to count

SECTION B — SUBSTANCE HISTORY

Check every substance that has been a significant part of your life — not just what you're dealing with right now. Past patterns are biological evidence.

☐ Alcohol	☐ Benzodiazepines	☐ Opioids / Heroin	☐ Cocaine / Crack
☐ Methamphetamine	☐ Cannabis	☐ MDMA / Ecstasy	☐ GHB
☐ Prescription stimulants	☐ Kratom / Kava	☐ Psychedelics	☐ Other: _____

When you first used your primary substance, how did it make you feel?

☐ Finally calm / quiet	☐ Finally focused / sharp	☐ Finally normal / okay	☐ High / euphoric

If you answered 'finally calm,' 'finally normal,' or 'finally focused' — that is important diagnostic information, not a character flaw. Note it for yourself.

SECTION C — MTHFR / METHYLATION PROXIMITY (SUPPLY SYSTEM)

Statement	Points	Your Score (0–3)
I have had depression or anxiety since I was a teenager or younger	**+3**	
Antidepressants either didn't work or only partially worked for me	**+3**	
I am chronically tired even when I sleep enough	**+2**	
I have persistent brain fog or difficulty concentrating	**+2**	
When I first used substances, they made me feel normal — not just high	**+3**	*Answer as baseline self*
I have frequent headaches or migraines	**+2**	
I have a family history of heart disease, stroke, or early dementia	**+2**	
I strongly preferred alcohol, opioids, or benzodiazepines over stimulants	**+2**	
Stress completely overwhelms me — I can't think straight under pressure	**+2**	
I have chronic pain or am hypersensitive to pain	**+2**	

MTHFR Section Total: _____ | 0–8 Low · 9–16 Moderate · 17–24 High · 25+ Very High

SECTION D — COMT PROXIMITY (STRESS CLEARANCE / WARRIOR VS. WORRIER)

Statement	Points	Your Score (0–3)
I have chronic anxiety that rarely fully quiets on its own	**+3**	*Worrier indicator*
I feel genuinely flat or bored unless something is happening	**+3**	*Warrior indicator*
Under acute stress I fall apart — it takes me days to recover	**+3**	*Worrier indicator*
I am restless, need stimulation, seek novelty and intensity	**+2**	*Warrior indicator*
I'm exceptionally good at detail-oriented work in calm environments	**+2**	*Worrier indicator*
I'm at my best under pressure — routine feels like punishment	**+2**	*Warrior indicator*
I ruminate — my brain replays stressful situations repeatedly	**+2**	*Worrier indicator*

Stimulants made me feel focused and normal, not jittery	**+3**	*Warrior indicator*
Depressants were the only thing that quieted the noise in my head	**+3**	*Worrier indicator*

COMT Summary — Circle what fits best:

☐ WARRIOR — I scored higher on Warrior indicators (flat, bored, stimulant-seeking)
☐ WORRIER — I scored higher on Worrier indicators (anxious, overwhelmed, depressant-seeking)
☐ BALANCED — roughly equal, or I don't clearly fit either

SECTION E — GABRA2 / BRAKING SYSTEM (IMPULSE CONTROL & ALCOHOL/BENZO RISK)

Statement	Points	Your Score (0–3)
Once a craving starts, I can't stop it — even when I know I should	**+3**	
I make decisions I know are wrong while I'm making them	**+3**	*Answer as baseline*
I have a history of multiple addictions or compulsive patterns at once	**+3**	
I can't stop a behavior once I've started — eating, using, scrolling	**+2**	
Alcohol or benzodiazepines made me feel finally calm in a unique way	**+3**	
I have chronic inner noise or anxiety that rarely stops on its own	**+2**	
I sleep badly without something to help — my nervous system won't quiet	**+2**	
I experienced significant childhood trauma, neglect, or adversity	**+3**	
A parent or sibling had alcohol dependence	**+2**	
I started using notably earlier than people around me	**+3**	
I have experienced blackouts on relatively small amounts of alcohol	**+2**	
I have had withdrawal seizures or extreme withdrawal from alcohol/benzos	**+3**	⚠ *Medical flag*
I or a close family member has a seizure disorder or epilepsy	**+2**	

⚠ GABRA2 MEDICAL FLAG

If you checked any of the last three items above — or if your GABRA2 total is 23+ — please tell your facilitator before you leave today. Alcohol and benzodiazepine withdrawal can cause fatal seizures. A high score here is not a moral judgment. It is medical information you and your doctor need to have.

GABRA2 Section Total: _____ | 0–8 Low · 9–15 Moderate · 16–22 High · 23+ Very High — Notify Facilitator

SECTION F — CYP450 MEDICATION PROXY (DRUG METABOLISM RED FLAGS)

These questions flag medication metabolism issues. You don't need lab tests to identify the pattern.

☐	Question	What it may indicate

☐	Codeine or tramadol gave me no pain relief, or required much more than others	**CYP2D6 Poor Metabolizer**
☐	Codeine or tramadol made me extremely sick or sedated at low doses	**CYP2D6 Ultra-Rapid**
☐	Prescription antidepressants didn't work at standard doses	**CYP2D6 or CYP2C19 variant**
☐	I metabolize alcohol unusually fast or slow compared to others	**CYP2E1 / ADH/ALDH variant**
☐	I have had unusual reactions to anesthesia during surgery	**CYP2D6 or CYP3A4 variant**
☐	Medications regularly affect me very differently than they affect others	**Multiple CYP variants possible**
☐	I'm currently taking 3 or more regular medications	**Drug-drug interaction risk — flag for facilitator**

CYP450 Flags: _____ Any check here = discuss with your prescriber before adding anything new to your regimen.

SECTION G — YOUR BASELINE RIGHT NOW

Rate how you're doing right now, on an average day — not during a crash or after using. Circle or fill in.

Measure	Scale	Your score
Mood	1 (rock bottom) —— 10 (solid)	_____
Energy	1 (exhausted) —— 10 (full)	_____
Sleep quality	1 (terrible) —— 10 (restorative)	_____
Anxiety level	1 (none) —— 10 (overwhelming)	_____
Craving intensity	1 (none) —— 10 (constant)	_____
Motivation	1 (can't get up) —— 10 (driven)	_____
Brain clarity	1 (total fog) —— 10 (sharp)	_____

Current medications (include everything — prescribed, OTC, supplements):

_____

_____

What does a good day look like for you right now? (One sentence is enough.)

_____

SECTION H — SCORING SUMMARY (FACILITATOR COMPLETES)

Section	Raw Score	Risk Level	Provisional Profile Code
C — MTHFR / Methylation	_____ / 23	L M H VH	**M-___**
D — COMT (Warrior/Worrier)	W / Wor / Bal	—	**C-___**
E — GABRA2 / Braking System	_____ / 34	L M H VH	**G-___**
F — CYP450 Flags	Count: _____	Flag / Clear	**CYP-___**

Combined Kernel Code (Facilitator assigns): KRN-_____-EST

This code encodes the participant's estimated neurogenomic proximity profile. When full DNA sequencing is completed, upgrade to KRN-_____-CFM (confirmed). The code is portable across all Recovery Kernel tools, the Interactions Checker, and healthcare provider communications.

PROVISIONAL PROFILE REFERENCE — FOR FACILITATORS

Use the scoring summary to assign a provisional profile. These profiles map directly to Protocols 06, 09, 10, and 21 in the Compendium.

Profile Name	Scoring Pattern	What They Experience	Priority Protocols
Depleted Worrier	MTHFR High + COMT Worrier	Chronic anxiety + low baseline mood. Depressants felt like the first real calm.	**P06, P09, P10, P21**
Understimulated Warrior	MTHFR High + COMT Warrior	Chronic flatness + boredom. Stimulants made life feel real for the first time.	**P06, P10, P20, P21**
Anxious Depressant Pattern	COMT Worrier + GABRA2 High	Fastest progression to alcohol/benzo dependence. Body cannot self-quiet.	**P06, P10, P13, P44**
Impulsive Stimulant Pattern	COMT Warrior + GABRA2 High	Cannot interrupt craving once it fires. Cocaine/meth use escalated fast.	**P06, P20, P21, P34**
Depleted-Impulsive	MTHFR High + GABRA2 High	Multi-substance. No supply, no brakes. Requires simultaneous protocol support.	**P06, P07, P09, P11, P21**
Metabolic Mismatch	CYP450 Flags + Any above	Medications fail in unusual ways. May have been labeled drug-seeking.	**Clinician brief required — refer to Appendix A**